

Exercise Health Specialist



As a type 1 diabetic since his early teens Andrew has personally seen the benefits of specific exercise, nutrition and lifestyle choices to manage his condition.

As a result Andrew has committed himself to training clients suffering from health related conditions and has qualified as a GP Referral specialised trainer forging close working relationships with GP's and Physiotherapists in and around the Horsham area.

A truly professional and likeable trainer Andrew has a determination to see members otherwise overlooked by conventional exercise programming overcome their limitations and achieve their desired results.



GP REFERRAL

As 'Wright Foundation Instructor' and specialised GP referral trainer I know programs can be nothing other than specific to each individual. For clients recovering from heart conditions and stroke or managing conditions such as diabetes specific exercise prescription (SEP) calculates the risk factors and guides the client safely through their recovery. With my knowledge, support and commitment to your health and wellbeing you should be 100% you can achieve more and enjoy a better quality of life.



WEIGHT LOSS / CONDITIONING

Using my exclusive nutrition plan and a combination of different training systems focusing on posture, muscular development and fat reduction I am confident that you will see the results you are looking for. As a qualified Mixed Martial Arts (MMA) Instructor I can incorporate fight training techniques and also offer high intensity physical training to those that want a more smash and dash approach to exercise.



INJURY REHABILITATION

Working with Physiotherapists over the last 5 years, applying rehabilitation programmes to many injuries both sport related and as a result of accidents there are very few injuries that I haven't worked on. I find that my clients progress quickly under my guidance and gain the confidence they need to exercise outside of our sessions further accelerating their recovery.

HOURS

M	9 - 6
T	8 - 8
W	9 - 6
T	8 - 8
F	8 - 6
SAT	8 - 12

Working hours may change from time to time.

Andrew Turner

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TO BOOK A FREE CONSULTATION CONTACT ANDREW OR LEAVE YOUR DETAILS WITH RECEPTION.



COUNTRY CLUB GROUP

